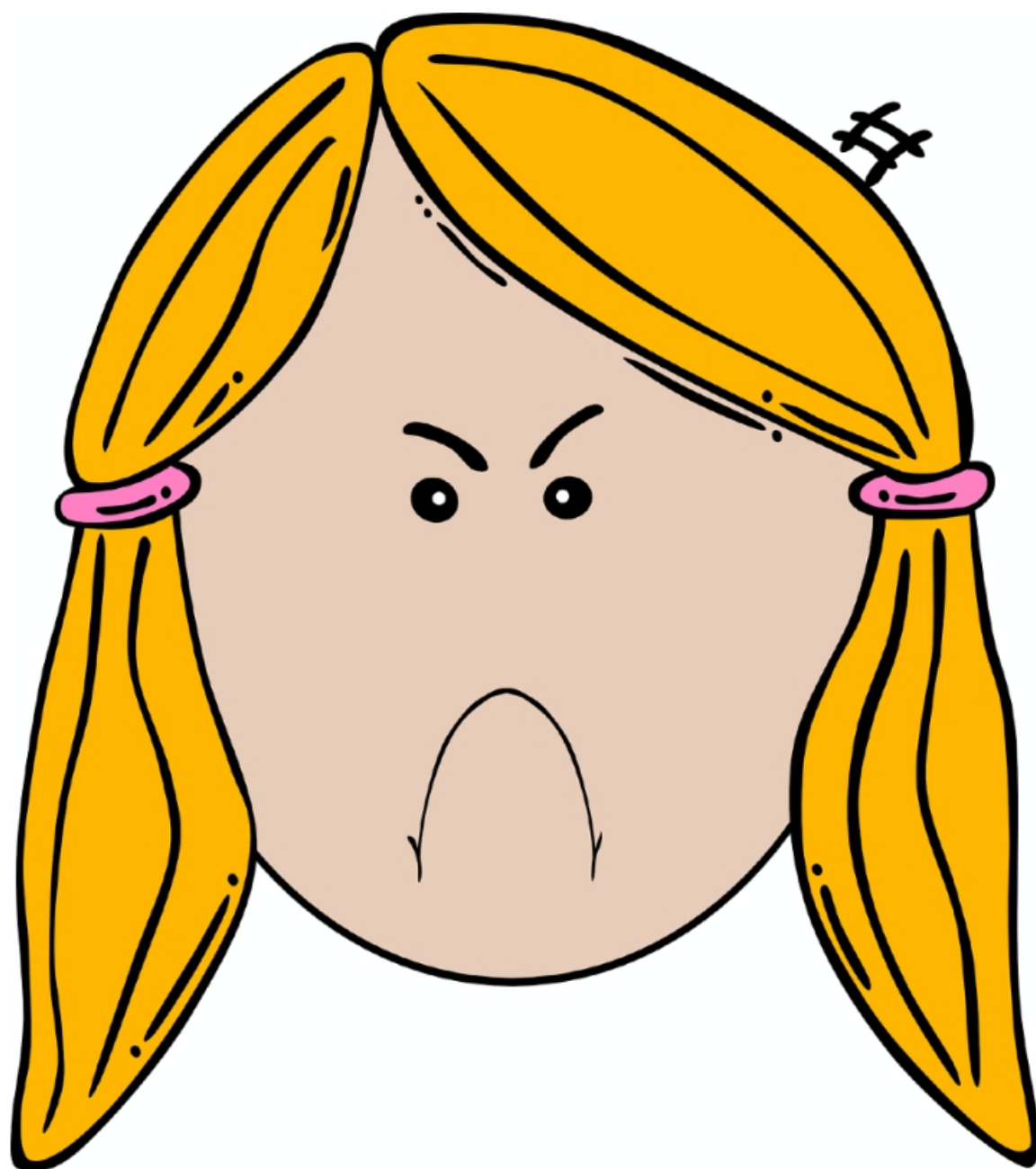


C o m m e n t d i s s i p e r
l a c o l è r e ?
Q u e l l e e s t t o n a s t u c e ?



J e r a c o n t e l ' o b j e t d e m a
c o l è r e à m o n d o u d o u e t j e
l e s e r r e t r è s f o r t d a n s
m e s b r a s .



J e r e s p i r e , j e b l o q u e ,
j ' e x p i r e e t j e m e d é t e n d s
e n 1 6 t e m p s .



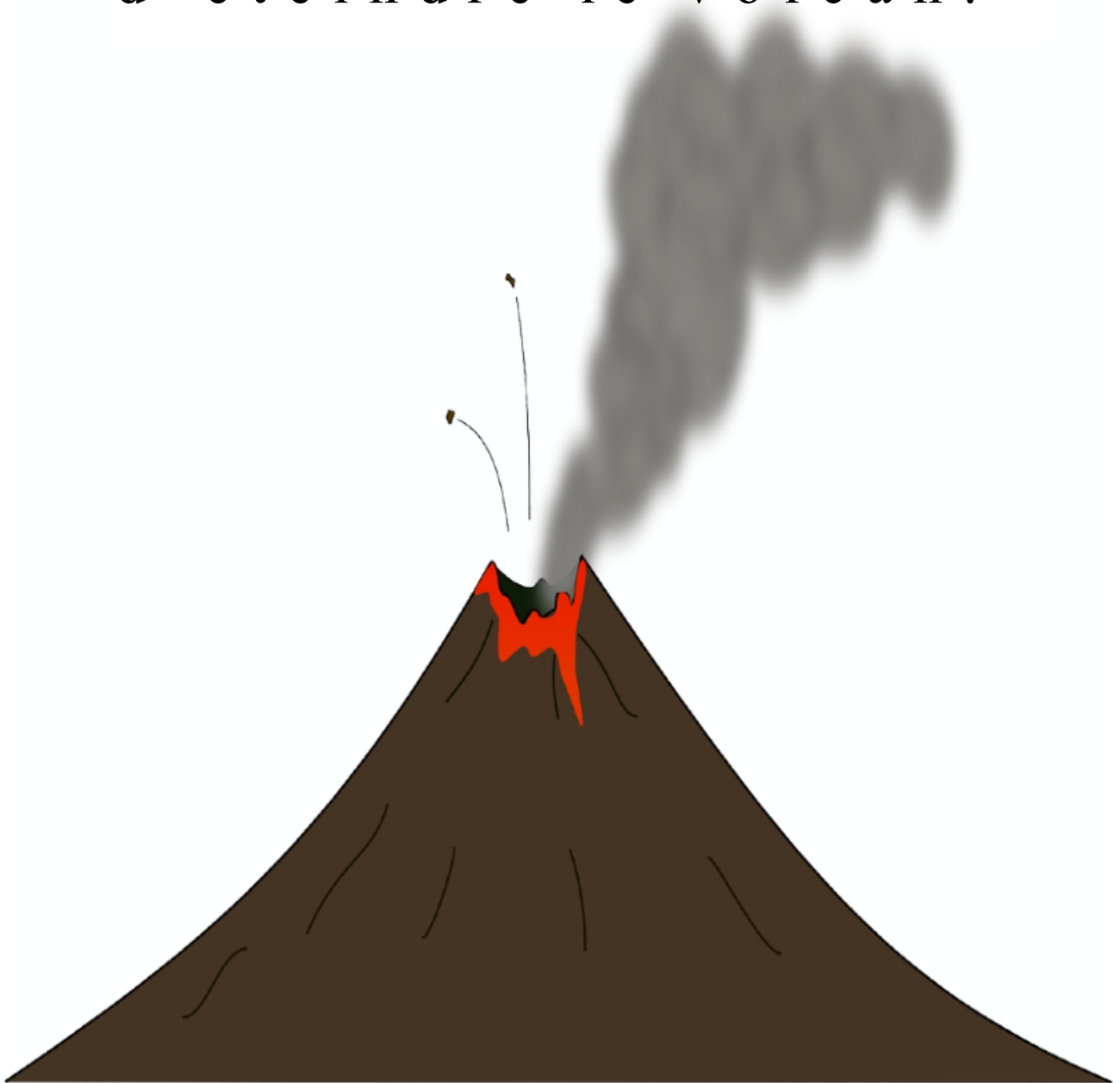
J e c h a n t e e t j e d a n s e p o u r
é v a c u e r m a c o l è r e .



J e d e s s i n e m e s é m o t i o n s .



J'inspire par le nez et
j'expire lentement par la
bouche. Mon souffle essaie
d'éteindre le volcan.



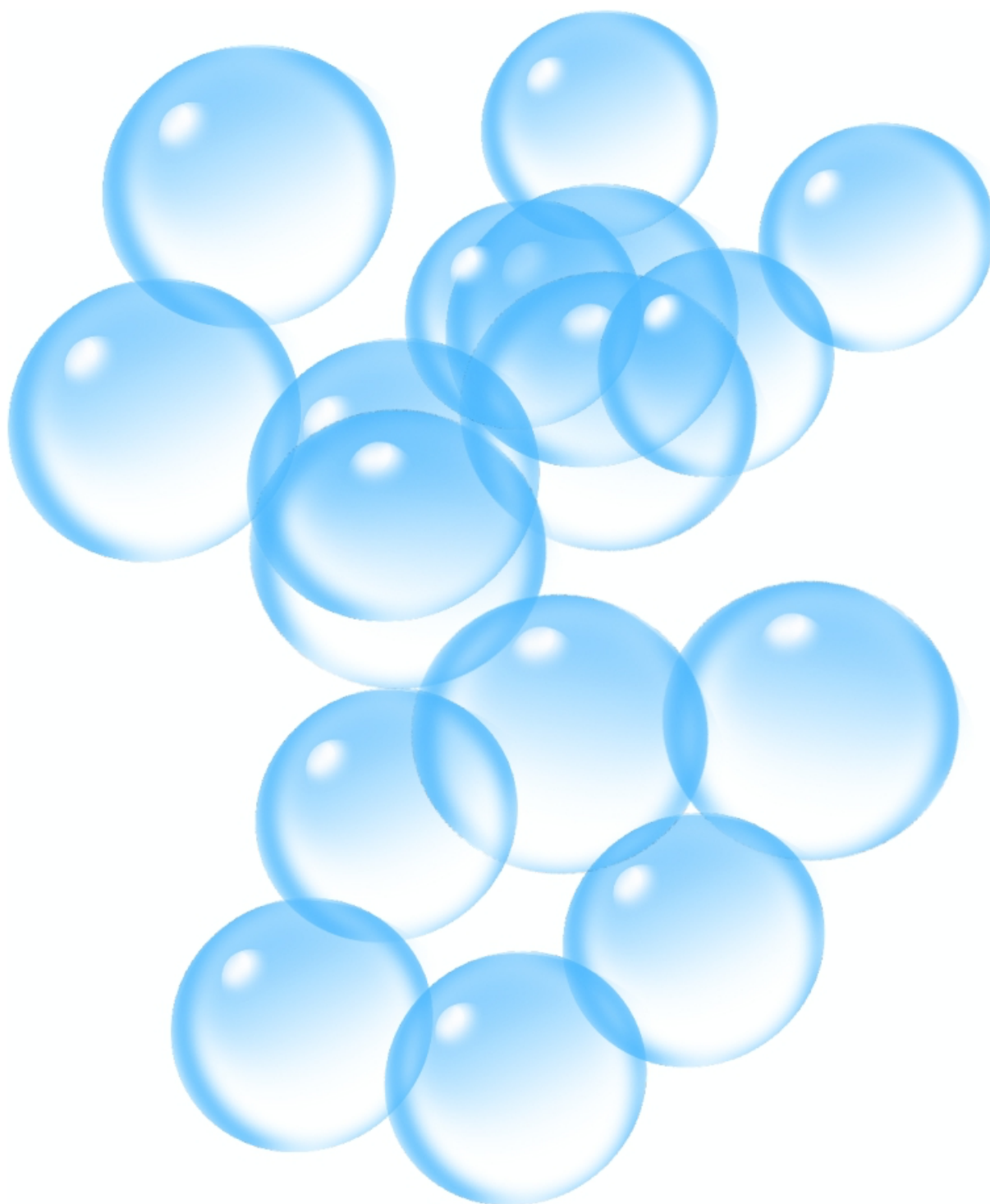
J e b o i s u n v e r r e d ' e a u
t r è s l e n t e m e n t .



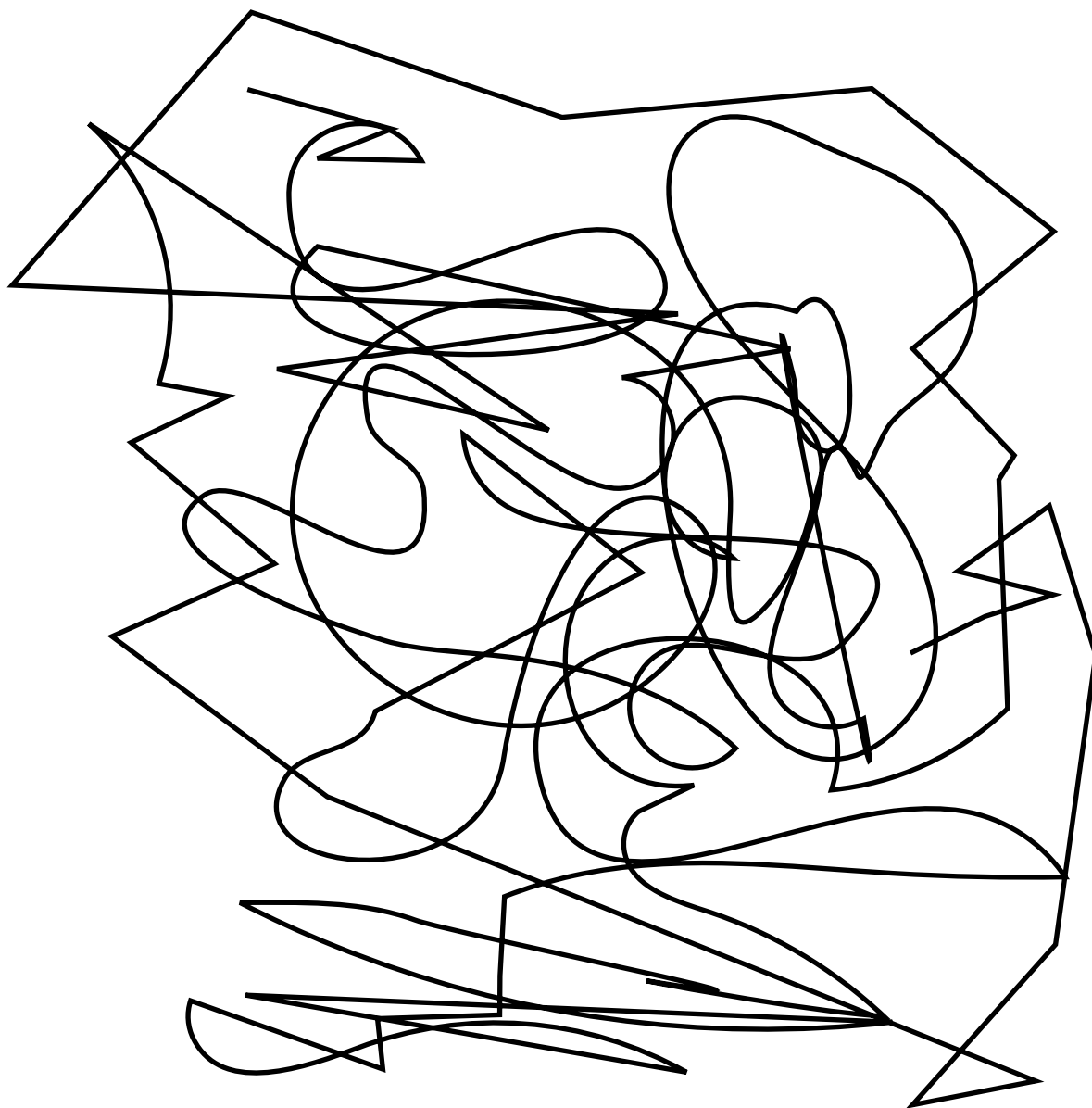
J e v a i s c o u r r i r d a n s l a
c o u r d e r é c r é .



J e f a i s d e s b u l l e s
d e s a v o n .



J e f a i s d e s g r i b o u i l l a g e s
s u r u n e f e u i l l e d e p a p i e r .



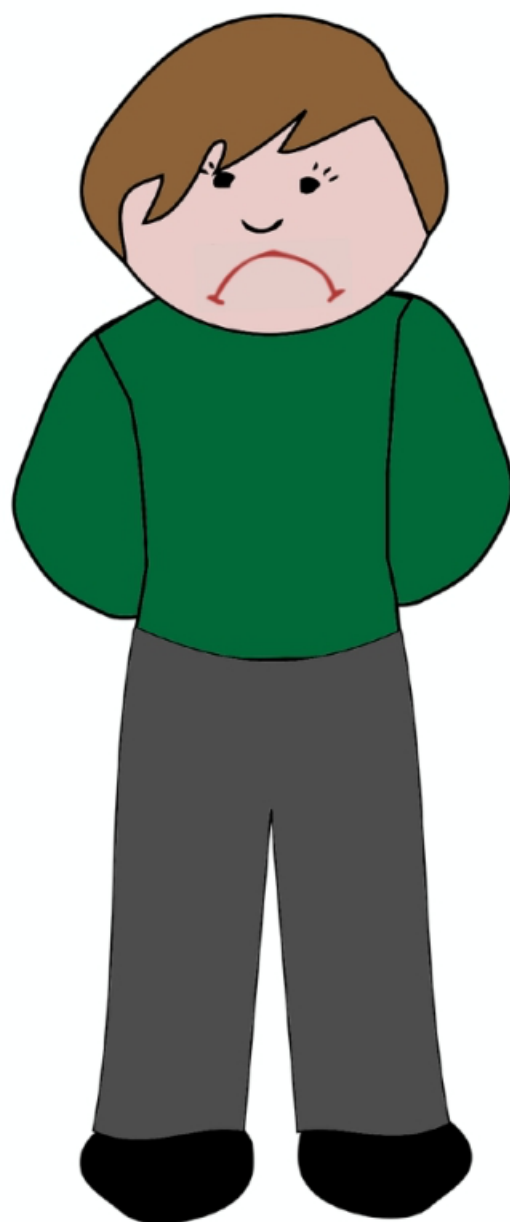
J e f r o i s s e , j e d é c h i r e d e
v i e u x p a p i e r s e t j e l e s
j e t t e d a n s l a c o r b e i l l e .



J e p e n s e à m o n e n d r o i t
p r é f é r é . J e f e r m e l e s y e u x
e t j ' i m a g i n e y ê t r e .



J'explique ma colère à
une amie.



J e l i s u n l i v r e .

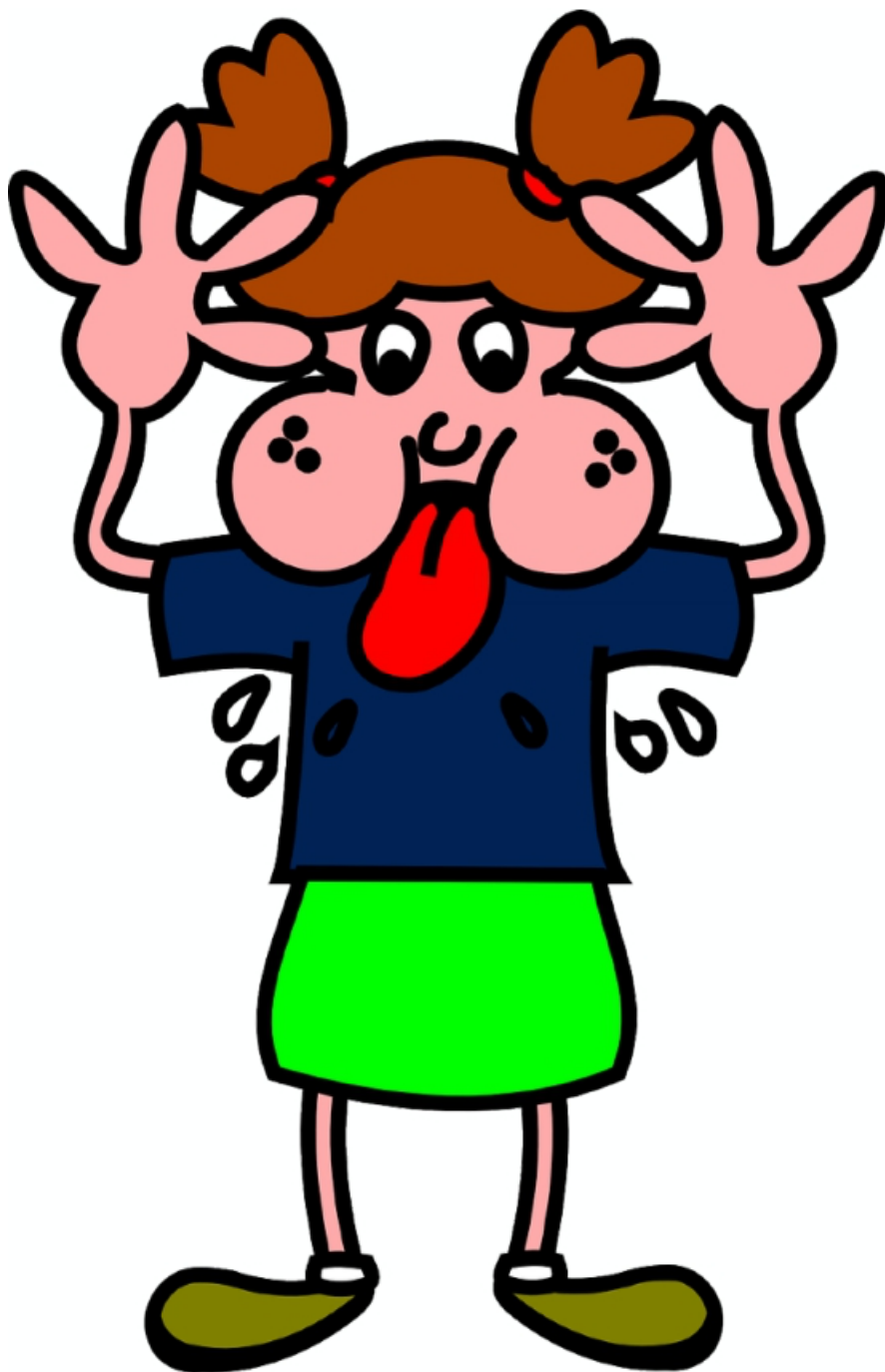
J ' e s s a i e d e m e c a l m e r .



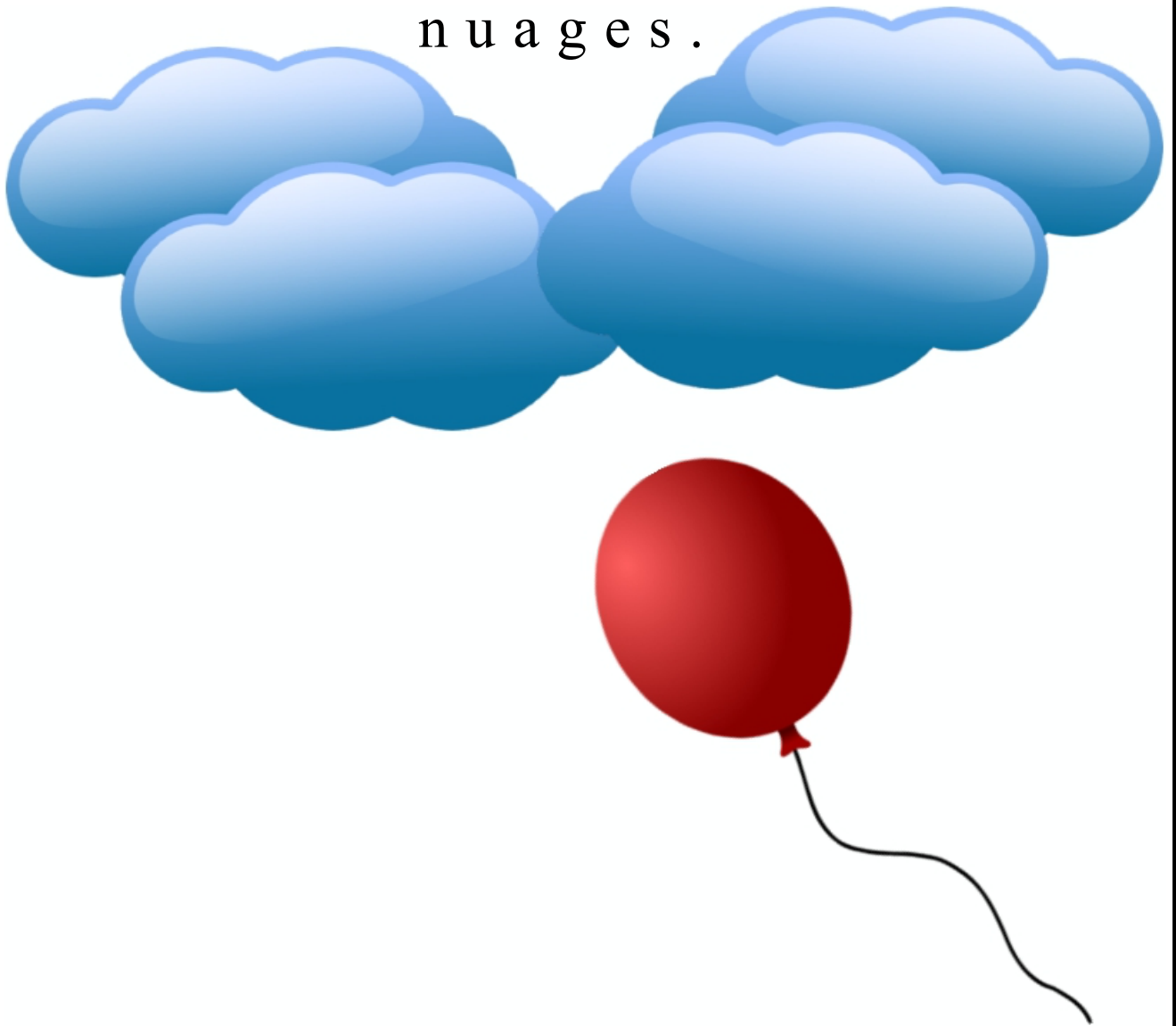
J e f a i s p a r l e r d e s
m a r i o n n e t t e s .



J e f a i s d e s g r i m a c e s
d e v a n t l e g r a n d m i r o i r .



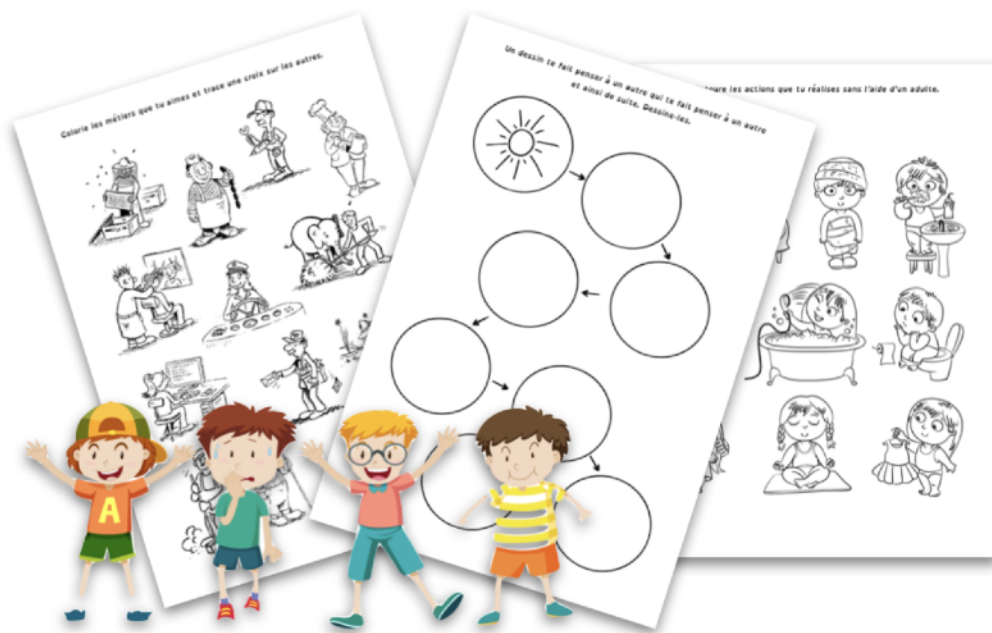
Je prends une grande
inspiration. En expirant,
j'imagine que je gonfle un
ballon rempli de ma colère
et qu'il s'envole vers les
nuages.



N'hésite pas à laisser un avis sur la page FB
dans la rubrique "Avis".

Merci !

<https://www.facebook.com/didactecole.classematernelle/>



Retrouve le dossier sur les émotions sur le site
<https://www.didactecole.com>

